



MATTHEW SLEETH, MD

DVD Curriculum Discussion Guide



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24/6 DVD Curriculum Discussion Guide

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Introduction

Thank you for choosing to explore what it means to live a 24/6 life. This discussion guide is designed to accompany the 24/6 DVD. Our hope is that you will use this guide in a group setting such as a Bible study, Sunday school class, or other small group gathering to work through the study.

Each group should have a leader who is responsible for starting the video, keeping track of time, and guiding discussion. The leader is also the person who may read aloud questions, prompt group members to respond, and ensure that everyone has the opportunity to participate.

This study is meant to complement the book *24/6*, written by Matthew Sleeth. Group members are encouraged to have a copy of the book, although the study can be finished with just the discussion guide and the DVD.

We are excited that by participating in this study your group is taking a next step in discovering the richness found in living a 24/6 life. May God bless you on your journey!

Study Options

The 24/6 DVD consists of one 40-minute, full-length video, broken into four parts. Within this format, you are given the opportunity to lead a 24/6 study in a variety of ways. Here are three potential options:

One Session

This option is ideal for groups of any size and is specifically geared toward groups who are interested in the study's theme but do not have time to invest in a longer study. You'll find a guide for leading a one-session 24/6 study on page 9 of this discussion guide.

Two Sessions

This option is specifically geared toward groups that are interested in the study's theme, are able to invest a little time in studying the theme further, but are not able to participate in a deep study. This option is ideal for small- and medium-sized groups. You'll find a guide for leading a two-session 24/6 study on page 10 of this discussion guide.

Four Sessions

This option is ideal for smaller groups and is specifically geared toward groups that are interested in understanding the study's theme at a deep level. This option is also ideal for groups that are able to invest several weeks to glean the most from the study. You'll find a guide for leading a four-session *24/6* study on page 12 of this discussion guide.

Bonus Tracks

The DVD contains two additional bonus tracks. The first bonus track, "A Special Message for Pastors," features pastor and author Eugene Peterson. In this track, Peterson addresses the difficulty many pastors face in trying to take a day of rest amid busy ministry schedules, and he gives practical wisdom to help pastors experience the richness that comes from taking a day of rest. This richness will not only equip them to serve their congregations well, but to serve the Lord well.

The second bonus track, "A Special Message to Business Owners," features Hobby Lobby CEO, David Green, and Mark DeMoss, founder of the DeMoss Group, the nation's largest public relations firm exclusively serving Christian leaders, organizations, and causes. In this track, Green and DeMoss help business owners discover how providing opportunities for Sabbath rest and sabbaticals will help them thrive in the midst of the demands of our modern-day business culture.

Materials Needed

In order to lead a successful *24/6* study, the following materials are suggested:

- *24/6* book (one per group member)
- Television or computer monitor
- DVD player
- Watch or clock for monitoring time
- Bible—Old and New Testaments (one per group member)
- Pen or pencil for each participant
- Journal for each participant to record notes and insights

Leader Tips

The following are tips that will help you lead a successful 24/6 study.

- The study works equally well in both church and home group settings.
- Preview the part you will be studying on the DVD and familiarize yourself with the part overview and study questions before your group time begins.
- Gather necessary materials for each session before your group time begins.
- You may not have time to discuss all the questions during your group time—that’s okay! Choose those that best fit your group, and encourage everyone to participate.
- Make sure to read “A Word to Leaders,” below, prior to starting your study. This is written to help you reflect on the main theme of the study and to consider your own hopes and desires for the group you’re about to lead.
- Please read “A Word to Participants” with your group prior to starting your study time together. This is written to help your group prepare for the study by reflecting on what it means to live life 24/6.
- Before closing your group time, be sure to encourage participants to dig deeper into the session theme using the resources provided.

A Word to Leaders

*A world without a Sabbath would be like a man
without a smile, like a summer without flowers,
and like a homestead without a garden.*

Henry Ward Beecher

Thank you for your willingness to lead a group through a 24/6 study. As your group begins, remember that you are a leader because God has put a desire in your heart to help people gain the full measure of understanding what it means to follow Jesus.

Although there are many ways you could choose to help your group in this way, our prayer is that God will use the 24/6 DVD curriculum to open the eyes of the people of your group to the importance of making Sabbath a part of their rhythm of life.

We believe that by taking the step of incorporating Sabbath into their lives, the people of your group or church will experience Christ in ways they never thought possible.

A Word to Participants

Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.

Eugene Peterson

Honoring the Sabbath is not only an act of faith; it is an act of courage.

Genesis opens with the Lord speaking the universe into existence. After each day, the Lord said, “Good.” When you and I were formed, the Lord said, “Very good.” Yet when the Sabbath was created, the Lord whispered, “Holy.”

We live in the most fast-paced period of history. These are incredible times, and yet it is impossible to fully make sense of them without a weekly Sabbath.

The heartbeat of this study is to help you learn what God meant when he said, “Remember to observe the Sabbath day by keeping it holy” (Exodus 20:8). Our prayer is that the study will serve as a road map to some of the most wonderful places you could ever travel—one Sabbath at a time.

DVD Part Overviews

Part 1: Our 24/7 World

Throughout history, one of the lessons we appear to need to learn over and over again is that we can't seem to get enough of anything. We live longer than any group of people ever has, and yet we don't seem to have enough time for friends and family. We stand in line for hours on end to purchase a gadget that mesmerizes us, only to stand in line for a newer model a year later.

This forces us to ask ourselves, Why aren't we content with what we have?

The answer to this question is that something is missing from our lives, and what is missing matters. What's missing is a rhythm that has been established for thousands upon thousands of years. What's missing is a day of rest, a day when we make time to hear the voice of God.

If there's going to be any true hope of regaining a happier, healthier life, we need to remember to rest.

Part 2: Why We Need 24/6

For the first six days of the creation story God created something out of nothing. On the seventh day he created nothing out of something. He created stopping. He then gave this pattern to the Hebrews in the Ten Commandments—in the Fourth Commandment—and it is a pattern that God intends for us to continue today.

Yet remembering the Sabbath is something we often seem to forget. Although it acts as a fulcrum between God and humanity, it a commandment we choose to overlook.

The reality is that, in order for our lives to follow the pattern God has given us, we must remember the Sabbath. We must remember that it is to be observed by all of humanity.

We must also remember that the Sabbath is observed by God himself. Jesus announced that he is the Sabbath. In the midst of a culture that had turned the Sabbath into something it was not meant to be, Jesus came to point like a compass toward the intent of the Sabbath. He declared that he was the Lord of the Sabbath, and that he came to bring the holy rest the Sabbath was meant to bring.

Part 3: How We Do 24/6

In good times we think that all we have results from our own cleverness and ingenuity. By thinking this, we take God out of the equation, and we begin to live as if the world can't run without us.

The truth is that we need to stop and be reminded of God's sustaining hand in our lives. We need the Sabbath for the perspective it gives us. God didn't intend our lives to be one long, run-on sentence. God designed us to spend one day a week at the speed of stop.

If you feel like you don't know the Lord well enough, maybe it's because you simply haven't spent enough time with him. Honoring the Sabbath every week will not only change your relationship with the Lord, it will change everything else in your life for the better.

We do not need more. We need to recognize how much we have. The Sabbath is a reality check. It says you have enough. This "Stop Day" is nothing less than grabbing onto the robe of the Maker of the universe.

Part 4: Your 24/6 Life

What does 24/6 look like in practice?

Simply put, *24/6* is about rest. It is about taking the time to figure out what work means for you—and then making a decision to stop doing it.

This may be difficult. In fact, the emotions experienced when coming to a stop will often act as a barometer of your comfort with God. But when we deal with boredom, we find that God is on the other side. In the midst of resting, you begin to allow God the room, space, and quiet needed to make an impression on you.

If you feel anxious . . . or stretched too thin . . . or as if your relationship with the Lord is not what you want it to be, try taking a weekly day of rest. It will change the other six days of the week.

Imagine what it would look like if the whole world came to a stop one day a week.

Study Options

ONE SESSION (90 MINUTES)

Preparation

Ask each group member to read *24/6*, in its entirety, before the group time begins.

Opening Prayer—2 minutes

Offer a prayer to God, asking for wisdom and direction as you begin your time together.

Get Started—3 minutes

Read “A Word to Participants” to gain an overview of the study’s theme.

Learn Together—40 minutes

View the entire *24/6* DVD.

Discussion—30 minutes

Using the discussion questions listed below, talk about ideas and insights sparked by the DVD content.

1. Why do you feel people aren’t content with the things they have?
2. How has subtracting a day of rest each week had a profound effect on our culture?
3. How can Dr. Sleeth’s prescription treat your “terminal busyness”?

4. What does God declare about the seventh day? Why does he do so?
5. What comes to your mind when you hear the word *Sabbath*?
6. How is Jesus the Lord of the Sabbath?
7. What lessons was God trying to teach the Hebrew people when he provided them with manna?
8. How does God punctuate our lives with the Sabbath?
9. The Sabbath balanced the active and the holy parts of the life of Jesus. How can it do the same for you?
10. If the definition of rest is figuring out what work is for you—and not doing it—what is one example of rest in your life?
11. Give one example of something you need to do in order to prepare for a “Stop Day.”
12. What was your impression of the importance of the Sabbath before starting this study? What is your impression now?

Next Steps—10 minutes

Identify and share your next steps based upon the study’s theme.

Closing Prayer—5 minutes

Finish your group time with prayer, asking God for help in living a 24/6 life.

TWO SESSIONS (60 MINUTES PER SESSION)

Preparation

SESSION ONE:

Ask each group member to read parts 1 (“Our 24/7 World”) and 2 (“Why We Need 24/6”) of *24/6* before the group time begins.

SESSION TWO:

Ask each group member to read parts 3 (“How We Do 24/6”) and 4 (“Your 24/6 Life”) of *24/6* before the group time begins.

Opening Prayer—2 minutes

Offer a prayer to God, asking for wisdom and direction as you begin your time together.

Get Started—3 minutes

SESSION ONE:

Read “A Word to Participants” as a brief overview of the session’s theme.

SESSION TWO:

Ask participants what next steps they have taken since the first session.

Learn Together—20 minutes

SESSION ONE:

View parts 1 (“Our 24/7 World”) and 2 (“Why We Need 24/6”) of the 24/6 DVD.

SESSION TWO:

View parts 3 (“How We Do 24/6”) and 4 (“Your 24/6 Life”) of the 24/6 DVD.

Discussion—20 minutes

Using the key discussion questions listed below, talk about ideas and insights sparked by the DVD content.

SESSION ONE:

1. What is one thing you feel you “cannot live without”?
2. Why do you feel people aren’t content with the things they have?
3. Did your family observe a day of rest when you were growing up? How has that had an impact on how you approach your life?
4. What are some of the difficulties you face in taking a day of rest?
5. How can a day of rest lead to a happier, healthier life for you and your family?
6. How could Dr. Sleeth’s prescription treat your “terminal busyness”?
7. Read Genesis 2:1-3. According to Scripture, what does God rest from after completing his creation?
8. What does God declare about the seventh day? Why does he do so?
9. What comes to your mind when you hear the word *Sabbath*?
10. How is Jesus the Lord of the Sabbath?
11. Matthew Sleeth stated in the video that “Jesus is the Lord of the Sabbath, and he came to give you rest.” How does that speak to your life right now?

SESSION TWO:

1. Read Exodus 16:21-30. What lessons was God trying to teach the Hebrew people when he provided them with manna?
2. How can too much or too little wealth threaten our faith and our relationship with the Lord? How does the Sabbath bring perspective to this thought?
3. Why does God punctuate our lives with the Sabbath?
4. How can keeping the Sabbath allow you to get more done, not less?

5. The Sabbath balanced the active and the holy parts of the life of Jesus. How can it do the same for you?
6. What is one thing you would love to do on this week's "Stop Day" that you haven't done in a long time?
7. If the definition of rest is figuring out what work means to you—and not doing it—what would be one example of rest in your life?
8. Give one example of something you need to do in order to prepare for a "Stop Day."
9. What is something new you and your family can do on your "Stop Day"?
10. Matthew Sleeth stated in the video, "I believe the emotions we experience when we come to a stop are a barometer of our comfort with God." How does this statement impact your thoughts about rest?
11. What was your impression of the importance of the Sabbath before starting this study? What is your impression now?
12. What impact will this study have on your life moving forward?

Next Steps—10 minutes

Identify personal next steps based upon the session's theme.

Closing Prayer—5 minutes

Finish your group time with prayer, asking God for help in living a 24/6 life.

FOUR SESSIONS (60 MINUTES PER SESSION)

Preparation

SESSION ONE:

Ask each group member to read part 1 ("Our 24/7 World") of *24/6* before the group time begins.

SESSION TWO:

Ask each group member to read part 2 ("Why We Need 24/6") of *24/6* before the group time begins.

SESSION THREE

Ask each group member to read part 3 ("How We Do 24/6") of *24/6* before the group time begins.

SESSION FOUR:

Ask each group member to read part 4 (“Your 24/6 Life”) of *24/6* before the group time begins.

Opening Prayer—2 minutes

Offer a prayer to God, asking for wisdom and direction as you begin your time together.

Get Started—3 minutes**SESSION ONE:**

Read “A Word to Participants” as a brief overview of the session’s theme.

SESSION TWO:

Ask participants what *24/6* next steps they have taken since the first session.

SESSION THREE:

Ask participants what *24/6* next steps they have taken since the second session.

SESSION FOUR:

Ask participants what *24/6* next steps they have taken since the third session.

Learn Together—20 minutes**SESSION ONE:**

View part 1 (“Our 24/7 World”) of the *24/6* DVD.

SESSION TWO:

View part 2 (“Why We Need 24/6”) of the *24/6* DVD.

SESSION THREE:

View part 3 (“How We Do 24/6”) of the *24/6* DVD.

SESSION FOUR:

View part 4 (“Your 24/6 Life”) of the *24/6* DVD.

Discussion – 20 minutes

Using the discussion questions listed below, talk about ideas and insights sparked by the DVD content.

SESSION ONE:

1. What is one thing you feel you “cannot live without”?
2. Why do you feel people aren’t content with the things they have?

3. How has subtracting a day of rest each week had a profound effect on our culture?
4. Did your family observe a day of rest when you were growing up? How has that had an impact on how you approach your life?
5. Does your family currently observe a day of rest?
6. What are some of the difficulties you face in taking a day of rest?
7. How can a day of rest lead to a happier, healthier life for you and your family?
8. How do you find time to hear the voice of God speaking in your life?
9. Do you have a hard time hearing God's voice in your life?
10. How can Dr. Sleeth's prescription treat your "terminal busyness"?

SESSION TWO:

1. Read Genesis 2:1-3. According to Scripture, what does God rest from after completing his creation?
2. What does God declare about the seventh day? Why does he do so?
3. Read Exodus 20:8-11. What are the clear declarations of the Fourth Commandment?
4. Why did the Lord bless the Sabbath day?
5. What comes to your mind when you hear the word *Sabbath*?
6. In the video, Matthew Sleeth stated that "the Fourth Commandment acts as a fulcrum between God and humanity." How?
7. How is Jesus the Lord of the Sabbath?
8. What is the intent of the Sabbath?
9. Matthew Sleeth stated in the video that "Jesus is the Lord of the Sabbath and he came to give you rest." How does that speak to your life right now?

SESSION THREE:

1. Read Exodus 16:21-30. What lessons was God trying to teach the Hebrew people when he provided them with manna?
2. What does this story have to say about God's provision and your life?
3. In the video Matthew Sleeth stated, "Sabbath reminds me that I don't need more wonders; I need a greater sense of wonderment." Give an example of a wonder you take for granted.
4. How can too much or too little wealth threaten our faith and relationship with the Lord? How does the Sabbath bring perspective to this thought?
5. Does your life feel like a run-on sentence? How?
6. Why does God punctuate our lives with the Sabbath?
7. Matthew Sleeth stated in the video, "It's not small talk but God-sized

quiet that defines intimacy with the Lord.” How could you build more quiet into your life?

8. How can keeping the Sabbath allow you to get more done, not less?
9. The Sabbath balanced the active and the holy parts of the life of Jesus. How can it do the same for you?
10. What is one thing you would love to do on this week’s “Stop Day” that you haven’t done in a long time? Make plans today to do it!

SESSION FOUR:

1. If the definition of rest is figuring out what work means to you—and not doing it—what is one example of rest in your life?
2. How will you allow God the room, space, and quiet to make an impression on you this week?
3. Give one example of something you need to do in order to prepare for a “Stop Day.”
4. What will be one of the greatest temptations that will threaten to interrupt your “Stop Day”?
5. What is something new you and your family can do on your “Stop Day”?
6. How will a “Stop Day” affect your experience of community at church?
7. Matthew Sleeth stated in the video, “I believe the emotions we experience when we come to a stop are a barometer of our comfort with God.” How does this statement impact your thoughts about rest?
8. What would the world look like if everything came to a stop one day a week?
9. How is the Fourth Commandment countercultural in your life? Workplace? Community?
10. What was your impression of the importance of the Sabbath before starting this study? What is your impression now?
11. What impact will this study have on your life moving forward?

Next Steps—10 minutes

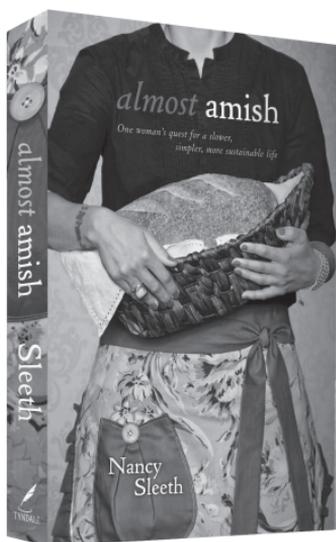
Identify personal next steps based upon the session’s theme.

Closing Prayer—5 minutes

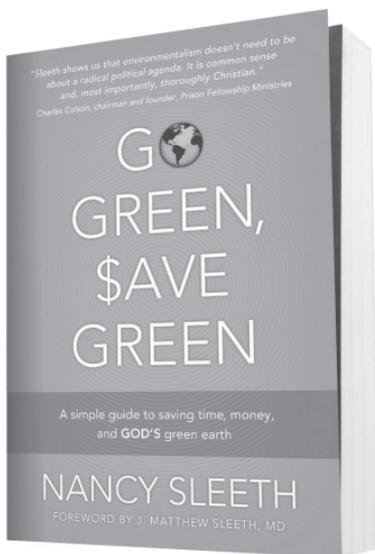
Finish your group time with prayer, asking God for help in living a 24/6 life.

READY TO TAKE THE NEXT STEP?

{ *Almost Amish* and *Go Green, Save Green* will help you simplify
your life, strengthen your family, and grow in your faith! }



The perfect book for any woman looking to slow down, simplify, and get back to the things that matter most



A highly practical how-to guide to going green

Now available in stores and online